



Lynn Senior Center Newsletter

LCOA Senior Center • 8 Silsbee Street, Lynn, MA 01901

781.599.0110

SEPTEMBER

2010

ISSUE 169

PUBLISHED MONTHLY

HONORABLE JUDITH F. KENNEDY

Mayor of Lynn

STACEY MINCHELLO

Editor / Senior Center Director

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FROM THE MAYOR....

It's hard to believe, but summer is already winding down. I hope you have been able to get out and enjoy the spectacular weather we have been blessed with the last few months. While we have had more than our share of 90-degree days, I think we will be longing for such heat when we have our shovels out in January!

A sure sign of the impending end of summer is when our children head back to school. In Lynn, our 14,000 students and more than 1,000 teachers will begin classes Sept. 8. We wish them a safe and productive school year.

I was happy to swear in Dennis Carmody as our permanent fire chief on Aug. 3. Chief Carmody has a distinguished 27-year career in the Lynn Fire Department which has seen him work his way up through the ranks. Please join me in wishing him a safe and successful tenure as our fire chief.

We continue to monitor the situation with the proposed Lowe's and Walmart project on Highland Avenue on the Lynn-Salem line. I have met with Salem Mayor Kim Driscoll and I continue to work with the City Council and our state delegation to ensure that the concerns we have are clearly heard.

Best wishes,
Mayor Judith Flanagan Kennedy

SEPTEMBER: *Sapphire: Bluer than blue.*

The striking deep blue of a quality sapphire is reminiscent of a cloudless night sky. Ancient civilizations believed that the world was set upon an enormous sapphire, which painted the sky blue with its reflection. This legend, as well as the belief that the Ten Commandments were inscribed upon tablets made of sapphire, gives September's birthstone a royal place among gemstones.



Named after the Greek word "sapphirus", meaning blue, Sapphires have long been a favorite among priests and kings, who considered them symbolic of wisdom and purity. These gemstones are prominent among the British Crown Jewels, and Prince Charles chose this as the engagement stone for his fiancée, Princess Diana.

In ancient times, Sapphires were thought to be protective against envy, and even against poisoning. A common belief was that a venomous snake placed in a Sapphire vessel would rapidly die! Ground to a powder, the blue stone was believed to cure colic, rheumatism and mental illness, and to strengthen eyesight.

Sapphire is a variety of the mineral corundum. Corundum is found in every color of the rainbow, with red being designated as ruby and all other hues Sapphire. But the most prized color of Sapphire is a rich, deep blue. Large specimens of Corundum crystals are rare, although the 563-carat Star of India can be seen in the American Museum of Natural History. This is the largest and most famous of star Sapphires, which are cut to reflect light from inclusions within the stone, revealing a bright six-legged star pattern.

The Sapphire is second only to the Diamond in hardness, making it a durable gemstone for setting into jewelry. A gift of Sapphire represents sincerity and faithfulness. As nourishing to the soul as gazing up at the sky on a summer day, this brilliant blue gemstone is truly a heavenly choice!

SEPTEMBER HAPPENINGS!

| | |
|-------------------------|---|
| Weds, Sept 1st | HAIR SALON HOURS9:00 a.m. to 1:00 p.m. Walk in or appointments at the senior center |
| Weds, Sept 1st | Strength Exercise \$5 11:30 a.m. – 12:15 p.m. |
| Thurs, Sept 2nd | Taking Off Pounds Sensibly 10:00 a.m. – 11:00 a.m. |
| Thurs, Sept 2nd | TRIAD MEETING – All welcome to join! Discuss senior safety issues..... 12:00 p.m. |
| Fri, Sept 3rd | Strength Exercise \$5 11:30 a.m. – 12:15 p.m. |
| Mon, Sept 6th | Labor Day..... Center is closed. |
| Tues, Sept 7th | Birthday Karaoke Bash ☺ 11:30 a.m. – 1:00 p.m. |
| Weds, Sept 8th | HAIR SALON HOURS9:00 a.m. to 1:00 p.m. Walk in or appointments at the senior center |
| Weds, Sept 8th | Strength Exercise \$5 11:30 a.m. – 12:15 p.m. |
| Thurs, Sept 9th | Taking Off Pounds Sensibly 10:00 a.m. – 11:00 a.m. |
| Fri, Sept 10th | Food Stamps Assistance “SNAP” 9:00 a.m. to 3:00 p.m. |
| Fri, Sept 10th | Strength Exercise \$5 11:30 a.m. – 12:15 p.m. |
| | September 13th- September 17th Celebrating National Senior Center Week!!! |
| Mon, Sept 13th | Computer Classes Start Intro class – 10:00 a.m. to 11:00 a.m. Word class – 11:15 a.m. to 12:15 p.m. Internet class – 12:30 p.m. to 1:30 p.m. |
| Tues, Sept 14th | Blood Sugar Clinic “Lucy Booth” Open! 8:30 a.m. – 10:00 a.m. Nurse available for your questions. |
| Weds, Sept 15th | HAIR SALON HOURS9:00 a.m. to 1:00 p.m. Walk in or appointments at the senior center |
| Weds, Sept 15th | Strength Exercise \$5 11:30 a.m. – 12:15 p.m. |
| Thurs, Sept 16th | T.O.P.S. Taking Off Pounds Sensibly 10:00 a.m. – 11:00 a.m. |
| Fri, Sept 17th | Strength Exercise \$5 11:30 a.m. – 12:15 p.m. |
| Fri, Sept 17th | Boston Food Bank: Brown Bag 10:00 a.m. – 12:30 p.m. |
| Tues, Sept 21st | Casino Trip: FOXWOODS \$25 prepaid reservation 7:00 a.m. – 6:30 p.m. |
| Weds, Sept 22nd | HAIR SALON HOURS9:00 a.m. to 1:00 p.m. Walk in or appointments at the senior center |
| Weds, Sept 22nd | LIVE ENTERTAINMENT – Denise Doucette returns! 11:00 a.m. to 12:00 p.m. |
| Weds, Sept 22nd | Strength Exercise \$5 11:30 a.m. – 12:15 p.m. |
| Thurs, Sept 29th | Podiatry Appointments 9:30 a.m. to 12:30 p.m. |
| Thurs, Sept 23rd | T.O.P.S. Taking Off Pounds Sensibly 10:00 a.m. – 11:00 a.m. |
| Fri, Sept 24th | Strength Exercise \$5 11:30 a.m. – 12:15 p.m. |
| Fri, Sept 24th | Massage Therapy Appointments \$5 1:00 p.m. – 3:00 p.m. |
| Tues, Sept 28th | Blood Pressure Clinic “Lucy Booth” Open!..... 8:30 a.m. – 10:00 a.m. Nurse available for your questions. |
| Weds, Sept 29th | HAIR SALON HOURS9:00 a.m. to 1:00 p.m. Walk in or appointments at the senior center |
| Weds, Sept 29th | Strength Exercise \$5 11:30 a.m. – 12:15 p.m. |
| Thurs, Sept 30th | FRIENDS MEETING 10:00 a.m. – 11:00 a.m. |
| Thurs, Sept 30th | T.O.P.S. Taking Off Pounds Sensibly 10:00 a.m. – 11:00 a.m. |
| Fri, Oct 1st | Food Stamp Appointments 9:30 a.m. – 3:00 p.m. |
| Tues, Oct 5th | Birthday Karaoke..... 11:30 a.m. – 1:00 p.m. |

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2010 Lynn Senior Center Trip Schedule:

Reservations mandatory. Walk-in and mail-in reservations accepted. Mail in registrations must be sent to 8 Silsbee Street, Lynn, MA, Attn ROSA. Do not mail cash. Send checks only. A sign up form for each passenger must be filled out in it's entirety including emergency contact information. No reservation is confirmed until you hear from us. We will confirm receipt no later than three days prior to the trip. Mailing deadline for trips is seven business days prior to departure. Deadline for casino mail in reservations is the first Friday of every month.

FOXWOODS \$25

September 21 October 19 November 16

Leaves promptly at 7 a.m. We cannot wait for anyone. Returns approximately at 6:30 p.m.

SCALLOP FESTIVAL \$60

September 24 8:30 a.m. – 5:30 p.m.

Bourne scallop festival, enjoy a scallop dinner or apricot chicken. Enjoy a narrated 90 minute cruise tour around the Cape Cod Canal

ATLANTIC CITY

November 8 -10

\$165 Triple \$170 Double \$240 Single

TROPICANA HOTEL

\$20 Cash Bets \$20 Casino Show

Two Meals (Breakfast & Dinner)

Departs PROMPTLY at 7:00 a.m.

Leaves Atlantic City on November 10th at 1:00 p.m.

Arrive back in Lynn approximately 8:00 p.m.

My Life, My Health*

Are you an adult of any age living with persistent health challenges such as cancer, arthritis, depression, diabetes, chronic pain?

Do you want to learn with others how you can meet these challenges? Do you want to set and reach your own goals for improving your health and enjoyment of life?

Participation in a **My Life, My Health** workshop has been shown to provide the skills and group experience that enables participants to take better control over their health.

My Life, My Health is a six week workshop for adults of any age who are living with one or more on-going health conditions.

The workshops include information and skills that will help you manage life's challenges and add more enjoyment to your life. Share what you know and learn from others.

Fall workshops are forming in the Greater Lynn area.

For more information or to be placed on the mailing list contact;

Jan Ferris

*Greater Lynn Senior Services
781-586-8681 or jferris@glss.net*

**Stanford University Chronic Disease Self-Management Program*

PLEASE ACKNOWLEDGE OUR SPONSORS

Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.



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WELLNESS WATCH - SEPTEMBER 2010

Physical Activity and Exercise –Just get Moving

Like most people, you have probably heard that physical activity and exercise are good for you. Studies show that even moderate physical activity can improve the health of older adults. It can improve balance, flexibility, strength and endurance. Those who are frail or have health conditions such as diabetes, depression, arthritis, or heart problems can greatly benefit from increasing activity. Exercise is also good for your brain function and can help manage stress.

What is the difference between physical activity and exercise? They both refer to voluntary movements that burn calories. Physical activities are activities such as walking the dog, raking leaves or walking up stairs. Exercise is a form of physical activity that is planned, structured and repetitive such as weight training, tai chi or an aerobics class. They are both beneficial, providing long term health benefits and improving health for some people who already have diseases and disabilities.

If you are not exercising now talk with your doctor about starting an exercise program. Learn what is right for you. Find something you really like that gets you moving. Have fun!

If you are not very active now, start slowly with an activity that gets you moving for 10 minutes five days a week. Slowly build up to the recommended 30 minutes daily for 5 days. If needed, those 30 minutes can be spaced in three 10 minutes time blocks.

Warm-ups get your body ready for physical activity. March in place; swing your arms. Give your muscles a chance to warm up and prevent injury.

Walking is one of the best ways to increase your activity. Park your car further away from the store. Get off the bus one stop earlier. Walk around your house during commercial breaks. Take the stairs when you can.

Stretch after any brisk activity, or after you have warmed up. Stretch slowly. Hold the stretch without bouncing for about 30 seconds.

Dance at home; join a dance class; swim; try water exercises; sign up for yoga or tai chi. Check out the various classes and programs at the Lynn Council on Aging Senior Center.

Get more information by checking out the National Institute of Health, Senior Health Section, www.nihseniorhealth.gov. Download the free booklet or check out the information and videos on-line. Or visit The National Institute on Aging website, www.nia.nih.gov and download another excellent free exercise book. Information is available in English and Spanish.

Susan H. Brown RN, Community Education Nurse, (781-599-0110 ext 568), sbrown@glss.net

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COMPUTER CLASSES

*Lynn Senior Center
Computer Room, 1st Floor
8 Silsbee Street, Lynn
781-586-8503*



Introduction to the Internet **(Five Week Course)**

This introductory course is for students with little or no internet experience. This four week beginner course introduces the student to the concept of the Internet and the World Wide Web (WWW). The student will learn the basics of the Internet, Search Engines, Website access, creating an Email account, Sending and Receiving Emails, Downloading, the basics of Voice and Video Chat, Forums & User Groups, and Terminology.

12:30 p.m. – 1:30 p.m.

Cost: \$50.00

All courses must be pre-paid at the time of registration to reserve your seat. If mailing your payment, make check payable to: LCOA

Attn: ROSA

8 Silsbee Street • Lynn, MA 01901

Expect a phone call confirming your seat. All computer students must register for a Lynn Senior Center membership card before the first class. All students are also required to sign a compliance policy and procedure form.

COMPUTER CLASS SCHEDULE:

Mondays...

September 13, 30, 27

October 4, 18

COMPUTER CLASS DESCRIPTIONS:

Introductions to Computers & Windows XP

(Five Week Course)

This basic introductory course is for students with little or no experience. This five week course introduces the beginner to learn the basics in keyboard and mouse operations, basic computer operations including Input, Output, Processing, and Storage. The student will learn the basics of Window XP and its functionalities, basic Word Processing and Terminology.

10:00 a.m. – 11:00 a.m.

Cost: \$50.00

Introduction to Microsoft Word

(Five Week Course)

This basic introductory course is for students with little or no word processing experience. This five week course introduces the beginner to the concept of word processing using Microsoft Word 2003. The student will learn to Create, Edit, Save, Open and Close Documents, Format, Insert Pictures and Print Documents.

11:15 a.m. – 12:15 p.m.

Cost: \$50.00

The Lynn Department of Veterans' Services will hold office hours at the Senior Center on Tuesday, September 14th from 10am-12pm. They will be at the Senior Center on the second Tuesday of every month going forward.



The Lynn Department of Veterans' Services is located in Room 301 of Lynn City Hall and is a one-stop shop for veterans and their families in need of information or assistance in obtaining any federal state or local veterans benefit to which they may be entitled. Their goal is to provide this service with the dignity these men and women have earned through their service to the nation.

Those unable to make it to see them at the Senior Center are encouraged to contact Director of Veterans' Services Mike Sweeney or Administrative Assistant Mary Cronin-Lopresti at 781-586-6911.

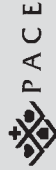
LCOA SUPPORTS BREAST CANCER AWARENESS

The arts and crafts group of the Lynn Senior Center is in the process of making pink bracelets. These "think pink" bracelets will be sold for \$3 each during the month of September to support the Susan G. Komen Breast Cancer Foundation in celebrating October as National Breast Cancer Awareness Month.



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| <div>  <h1>September</h1>  <h1>2010</h1> </div> | | | | |
| HOLIDAY NO MEAL SERVICE | 6 Boneless Oriental Pineapple Chicken Veggie Lo Mein Broccoli Chilled Apple Sauce ALTERNATIVE Breaded Pork Patty/Gravy | 7 Meatloaf/Gravy Garlic Whipped Potatoes Veggie Ratatouille Fresh Fruit ALTERNATIVE Mushroom Quiche | 8 Cream of Broccoli Soup Shaved Roast Beef Potato Salad Chilled Peaches ALTERNATIVE Sliced Turkey | 9 Pier 17 Fish/Lemon Sauce Cheddar Whipped Potatoes Green Beans/Red Pepper Cake ALTERNATIVE Spanish Chicken/Rice /Beans |
| 13 Trk Kielbasa Noodle Casserole Zucchini/Red Pepper Mandarin Oranges ALTERNATIVE Omelet/Cheese Sauce Home Fries | 14 BBQ Pulled Pork/Roll Veggie Baked Beans/Corn Watermelon ALTERNATIVE Tyson Chicken/Gravy Beans/Corn Bread | 15 Beef Stir Fry Steamed Rice Stir Fry Veggies Pudding ALTERNATIVE Teriyaki Chicken | 16 Minestrone Soup Sweet & Sour Meatballs Scalloped Potatoes Cookie ALTERNATIVE Chicken Patty | 17 Roast Turkey/Gravy Sweet Potato/Mini Muffin Peas & Mushrooms Chilled Pineapple ALTERNATIVE Liver & Onions |
| 20 Lemon Pepper & Dill Fish O'Brien Potatoes Jardiniere Veggie Chilled Mixed Fruit ALTERNATIVE Salisbury Steak/Gravy | 21 American Chop Suey Spinach/ Garlic Roll Jelly-o ALTERNATIVE Veggie Quiche Whipped Potato | 22 Chix Tenders/ Mustard Sauce Bk Potato/Sour Cream Butternut Squash Apple Sauce ALTERNATIVE Roast Pork/Gravy | 23 SPECIAL Mediterranean Chicken Lemon Rice Mixed Green Salad Wheat Roll Pudding | 24 Rib-B-Q/Sauce Corn Pudding Italian Green beans Fresh Fruit ALTERNATIVE Chicken Marsala |
| 27 Pepper Steak Sub Lyonnaise Potato Stewed Tomato Chilled Pears ALTERNATIVE Potato Crunch Fish | 28 Tyson Chicken Tarragon Whipped Potato Green & Golden Beans Cake ALTERNATIVE Stuffed Shell/Meat Sauce | 29 Pasticcio Carrots Fresh Fruit ALTERNATIVE Creamy Southern Chicken Whipped Potato/Carrots | 30 Chicken Rice Soup Turkey Salad Giaia Salad Chilled Pineapple ALTERNATIVE Egg Salad | Requested Donation is \$2.00 per meal Community Café Coordinator Kathleen Stapleton (781-586-8685) |

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SENIOR CENTER ACTIVITIES **SEPTEMBER 2010**

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|----------------|-----------------------------|----------------|-----------------------|----------------|-----------------------|----------------|---------------------------------|----------------|-----------------------------|
| SILSBEE STREET | | SILSBEE STREET | | SILSBEE STREET | | SILSBEE STREET | | SILSBEE STREET | |
| 9:00 -12 | Wii | 9:00 -12 | Wii | 9:00 -12 | Wii | 9:00 -12 | Wii | 9:00 -12 | Wii |
| 10:00-11:00 | COMPUTER CLASS: INTRO | 9:45-10:45 | POKENO | 9:00 – 1:00 | HAIR SALON | 9:00-10:30 | WATERCOLOR PAINT CLASSES | 9:30-11:15 | TRIVIA PURSUIT TEAM PLAY |
| 10:45-12:30 | LUNCHEON | 10:00-11:30 | OIL PAINTING CLASS | 9:30-11:00 | ARTS & CRAFTS | 10:00-11:00 | T.O.P.S. | 10:00-11:30 | KNITTING & CONVERSATION |
| 11:15- 12:15 | COMPUTER CLASS: WORD | 10:45-12:30 | LUNCHEON | 9:30-11:00 | WHIST | 10:30-12:00 | ACRYLIC PAINT CLASSES | 10:45-12:30 | LUNCHEON |
| 12:00-1:00 | MEN SPORT'S CLUB | 12:30-2:30 | CRIBBAGE | 10:45-12:30 | LUNCHEON | 12:45 – 1:45 | LINE DANCING | 11:30-12:15 | EXERCISE CLASS |
| 12:30-1:30 | COMPUTER CLASS: INTERNET | 1:00-2:45 | POKENO | 11:30-12:15 | EXERCISE CLASS | 1:30-3:30 | JAPANESE BUNKA EMBROIDERY | 1:15-2:45 | BINGO |
| 1:15-2:45 | BINGO | | | 1:00 – 3:00 | MOVIE | 2:00-3:00 | HORSE RACE GAME | | |
| | | | | 1:00-3:00 | 'PENNY ANTE' POKER | | | | |

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Extra special thanks to

Katherine Stearns for helping with the Fourth of July centerpieces!!! I told you its hard! Someone always gets left out! Thank you Katherine for being so good about it!

THE FRIENDS OF THE LYNN COUNCIL ON AGING CAMPAIGN

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make checks payable to: the FRIENDS of LCOA

Please accept my donation of \$ _____

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HELP US HELP OTHERS!

Your old cell phone may not be worth much to you but in the hands of a local senior it may be priceless. The Lynn Council on Aging has partnered with the 911 Cell phone bank to provide free **emergency** cell phones to vulnerable seniors in our community who lack basic communications. Please consider donating any cell phones you are no longer using. For additional information, call 781-599-0110.

Answer to August Baseball trivia question!

This debate has been intense and yet a lot of fun!

Name the seven official ways a batter can reach first base.

1. Hit
2. Walk
3. Hit by Pitch
4. Fielder's Choice
5. Reached on Error (includes MLB Official Rule 7.05 i)
6. Dropped Third Strike
7. Catcher's Interference (hindering the batter while in the batter's box) AND!
8. Fielder's Obstruction (hindering the batter while he is running to first base)

If you have a mind boggler, feel free to send it our way!



I pray that our heavenly father may assuage the anguish of your bereavement, and leave you only the cherished memory of the loved and lost, and the solemn pride that must be yours to have laid so costly a sacrifice on the altar of freedom."
— Abraham Lincoln

*Never forget.
September 11, 2001*

GOLDFISH POND ASSOCIATION

Fun and Flea Day-A Lynn Tradition

Saturday, September 11, 2010

9:00am-3:00pm

Join us in celebrating our 30th Anniversary!

Table Space - \$30.00 in advance
call Carol at 781-599-1629

On going raffles-the top prize is \$300.00 cash
Many other prizes donated by local merchants.
Hourly specials to celebrate our 30th Anniversary

For information, call Kathy at 781-592-3837



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MCPHS Pharmacy Outreach Program is Here to Help You!

We would like to take this opportunity to introduce our services to you. The MCPHS Pharmacy Outreach Program is a community service of the Massachusetts College of Pharmacy and Health Sciences. We are located at 25 Foster Street, Worcester, MA in the Living and Learning Center of the College. Our mission is to help citizens throughout the state understand and access their prescription medicines. We do this by assisting people like you and by providing support to healthcare professionals on a variety of medication-related issues.

To utilize our free services, you can call our toll-free number, 1-866-633-1617, or click on our "Ask the Pharmacist" link on our web site, www.massmedline.com, when you need help getting your medicines, have questions about how to take your medicines, or need to talk with someone about your prescription insurance. Our case management staff will evaluate your current situation and screen for a variety of available programs that may provide some help. Staff members may suggest you apply for a Medicare Part D plan or MassHealth, provide the name of a free clinic in your area where you may be able to obtain some immediate help, or assist you in applying to a Patient Assistance Program through a drug manufacturer for financial relief with the cost of your medications. Also, our licensed pharmacists are available to review your medications and talk with you about how to take your medications safely. They may also offer suggestions on lower-costing alternative medicines in an effort to save you money.

We're here to help you by providing useful information about the medications you take. We can be reached at 1-866-633-1617. **Remember help is just a phone call away!**

MOVIES... every Wednesday!

Free Popcorn and soda

Wide Screen Plasma Home Theatre System

| | | |
|-------------|--------------------------|------------|
| Sept 1..... | My Big Fat Greek Wedding | PG-13 2002 |
| Sept 8..... | Old Dogs | PG 2009 |
| Sept 15.... | The Way We Were | PG 1973 |
| Sept 22.... | Step Mom | PG-13 1998 |
| Sept 29.... | As Good As It Gets | PG-13 1997 |

Is there a flick you want to see? Call us or email us?
Movies are subject to availability.

SEPTEMBER IS... NATIONAL SENIOR CENTER MONTH!!!

LYNN SENIOR CENTER EVENTS

SEPTEMBER 13th

Bean Bag Toss

10:00 am

Win a scratch ticket!

SEPTEMBER 14th

Country Western Ho Down

12 - 1 pm

Live music, special menu

SEPTEMBER 15th

Penny Sale

12 - 1 pm

Friends of LCOA event

SEPTEMBER 16th

Triple chance day!

Balloon Pop

10:00 am

chance of prize inside

50/50 Raffle

12:00 pm

Candy Basket

1:30 pm

guess the total and it's yours

SEPTEMBER 17th

BINGO BONANZA

12:30 - 3 pm

card sales at 11:15 a.m.

Starts an hour early

next number bingo wins a prize

\$50 coverall

DENISE DOUCETTE

...will perform on **SEPTEMBER 22nd**

11:00 a.m. - 12:00 p.m.

Due to the increased incidences of bed bugs, the Lynn Senior Center will not be accepting clothing donations until further notice. We realize that some folks depend on these donations; but we can not put anyone at risk of an infestation.



WALK IN THE WOODS

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| K | L | T | Z | S | D | S | R | B | F | Y | Q | S | B | I |
| W | O | E | X | O | E | J | E | E | P | B | T | Z | J | Y |
| C | O | W | A | W | E | E | N | O | M | L | I | G | I | C |
| K | T | L | I | V | R | C | N | Z | E | A | C | L | M | T |
| C | S | R | L | T | E | A | M | R | C | C | L | A | U | M |
| I | D | B | K | I | C | S | R | B | L | K | W | D | S | Q |
| K | A | A | Y | R | W | I | E | E | P | B | S | O | H | K |
| W | O | D | V | H | U | G | A | I | Y | E | B | L | R | K |
| V | T | G | C | Q | A | R | N | M | O | R | E | B | O | C |
| P | J | E | S | I | I | E | E | I | A | R | E | V | O | G |
| E | E | R | L | N | C | W | Z | E | P | I | T | Q | M | G |
| B | V | O | G | O | B | L | U | E | B | E | L | L | S | W |
| O | F | K | N | E | T | T | L | E | S | S | E | I | L | Q |
| G | R | E | K | C | E | P | D | O | O | W | I | W | F | V |
| M | S | T | R | E | A | M | A | T | K | V | O | F | P | S |

WORD LIST

BADGER



CLEARING

MUSHROOMS

STREAM



BEECH

CROW

NETTLES



TOADSTOOL

BEETLE

DEER



OAK TREE

WEeping WILLOW

BLACKBERRIES

FENCE

OWL

WOODPECKER

BLUEBELLS

FOLIAGE

PINE CONES

CANOPY



LEAVES

SQUIRREL



**LYNN
COUNCIL ON AGING**

John W. Baker

✱

Edmund Brown

✱

Dorothy Davis

✱

Daniel P. Hanlon

✱

George Meimeteas

✱

Charles Mitchell

✱

John Peterson

✱

Victoria Serwatka

✱

Frances Taggart

LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET
LYNN, MASSACHUSETTS 01901
(781) 599-0110

CAPTURE THE PRIDE

RETURN SERVICE REQUESTED

NON-PROFIT
U.S. POSTAGE
PAID
LYNN, MA
PERMIT NO. 56



HEALTH FOCUS PROGRAM



LYNN SENIOR CENTER

SEPTEMBER 2010

**BLOOD SUGAR TESTING
FOR DIABETICS**

September 14th

8:30 am - 10:00 am

*(Nurse available during these clinics
for any health questions.)*

BLOOD PRESSURE

September 28th

8:30 am - 10:00 am

*(Nurse available during these clinics
for any health questions.)*

MASSAGE THERAPY

September 24th

1:00 pm - 3:00 pm

Call for appointment

PODIATRIST

September 29th -10:00 am

Call for appointment.

Bring insurance card

HAIR SALON

Wednesdays

9:00 am - 1:00 pm

Walk-ins or appointments